

Introduction to Time Line Therapy®



Catherine Jackson –
Internationally Certified
Trainer of Master Time
Line Therapy®

Contents

Introducing Time Line Therapy®	3
Negative Emotions:	3
Limiting Decisions:.....	3
Design & Create Your Future:	4
The Creator of Time Line Therapy™ Techniques:.....	5
Who books Time Line Therapy® Training?.....	6
Here’s what just some of our many happy Graduates are saying	6
How will studying NLP and Time Line Therapy® techniques benefit me?	8
Why Study With Mind Training Systems?.....	9
Catherine Jackson – Internationally Certified Trainer of Master Time Line Therapy®	9
Mark and Nicky Taylor - Internationally Certified Master Trainers of NLP.....	10
BONUS! How to Elicit Your Time Line.....	12

Introducing Time Line Therapy®

The sum total of our life experiences and the memories associated with them impact



on how we approach our lives now, day to day. It's "the baggage" from the past that keeps us less than fulfilled and stops us from achieving the results we want. You've got limitless potential and Time Line Therapy® training gives you the tools to extract your hidden talents and desires and then guide you to the solutions you need to design and create a bright,

compelling future.

Time Line Therapy™ is a process that assists us:

- 1.To let go of Negative Emotions from the past
- 2.To let go of Limiting Decisions from the past
- 3.Design and create our future the way we want it

These are the three major techniques that are involved in Time Line Therapy™—they are easy to utilise to make a significant change in a person's life.

Negative Emotions:

Time Line Therapy™ techniques allow you to eliminate inappropriate emotional reactions, such as outbursts of anger, periods of apathy, feelings of depression, sadness, anxiety, and chronic fear. These emotions are responsible for preventing you from achieving the quality of life you wish for. Using Time Line Therapy™ techniques you can let go of the negative emotions from the past and then you are able to react freely to future situations – without the old emotional baggage of the past. This is exciting as it allows you to have emotional control of your life.

Limiting Decisions:

Limiting decisions and beliefs also prevent you from achieving your potential. Statements such as "I'm not good enough," "I'll never be wealthy," or "I don't deserve a great relationship," demonstrate the decisions and beliefs that are present as a result of past experiences and these may have limited your life in many ways. After all, life's too short for regrets. If you knew you couldn't fail or get hurt, what would you do? Time Line Therapy® training allows you to leave these decisions and

beliefs in the past where they belong and to learn from your experience which enables you to create useful and empowering alternatives.

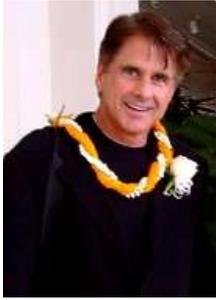
Design & Create Your Future:

Having gained resolution of the unresolved issues and “the baggage” from the past, Time Line Therapy™ gives us a specific way of designing and creating our future dreams and goals in a simple process that actually produces results. The process involves using our imagination to design and create a bright and compelling future which brings about the desired outcomes.

From the time of Aristotle to William James to Freud and Jung to Milton Erickson, M.D., people interested in Psychology have been searching for a way to adequately describe the human experience of time. Time Line Therapy®, as a model, has the potential to not only make sense out of our temporal experience, but also to change our understanding of how negative emotions and limiting decisions affect us, as well as describing how to create a meaningful future for all time to come, because with Time Line Therapy® we now understand the human temporal experience and can change the basic elements that make up someone's history.

Time Line Therapy™ is so effective in treating Anxiety, that it has been used by the Russian Psychologists to treat the soldiers traumatized in the Chechin war. Here is an excerpt from a Russian web site with the study that included Time Line Therapy™. The results included, "Solving of individual problems of participants-decreasing of anxiety and depression, reestablishment of the cycle 'sleep-awaking'..."

The Creator of Time Line Therapy™ Techniques:



In 1985, Tad James, M.S., Ph.D. applied a therapeutic process to this concept of an internal memory storage system. The result was a collection of techniques which produces fast and long-lasting changes and transformations. (In fact, faster than what is currently called Brief Therapy.) These powerful Time Line Therapy™ techniques are becoming the method of choice to make fast, effective, long-term changes in human behaviour.

Your “Time Line” is how you unconsciously store your memories of the past and memories of the future (or a projection of the future). Behavioural change in a person takes place at an unconscious level. People don’t change consciously. The Time Line Therapy™ process lets you work at the unconscious level and release the effects of past negative experiences and change “inappropriate” programming in minutes rather than days, months or years.

After years of development, working with clients and publishing the book “Time Line Therapy™ and The Basis Personality”, Tad has become known across the planet for his Time Line Therapy™ model. It is a revolutionary new approach which has become so popular because it creates quick, long lasting results for the individual.

Throughout his career Tad had only one dream: to empower people to tap into their limitless potential inside themselves and together to “Transform the Planet”. Since 1984, Tad has travelled extensively teaching trainings and seminars in the US, Canada, UK, Europe, Asia and Australia.



In 2001, he was joined in his work by his wife Adriana, and together they founded The Tad James Company. Together they have continued to develop new techniques and paradigms for prosperity, health and success.

Since 1988, thousands of people have been affected by the techniques of Time Line Therapy®. Hundreds of people have been trained in the techniques and use them daily.

Thousands of others have attended seminars given all over the world, and have seen dramatic changes in their lives. Today, there are institutes in Europe, Canada, Australia, Hong Kong, Brazil and the United States authorized to teach the techniques of Time Line Therapy®.

Who books Time Line Therapy® Training?

Some people book a NLP and Time Line Therapy® training for their own personal development and growth and some people attend the training for their professional development and advance their career. Some professions using NLP include Salespeople, Business Owners, Managers, Entrepreneurs, Lawyers, Teachers & Educators, Trainers, Counsellors, Actors, Celebrities, Army and Naval Officers, Doctors, Osteopaths, Massage Therapists, Consultants, Hypnotherapists, Psychologists, Athletes, Entertainers and Performers.

Regardless of profession, the majority of those who study NLP and Time Line Therapy™ techniques are looking for and finding, better and more effective ways to increase their performance and improve their effectiveness.

Here's what just some of our many happy Graduates are saying



“I attended the Time Line Therapy™ Practitioner Course at Mind Training Systems with Catherine Jackson. She is inspiring, very knowledgeable on her subject, personable and someone to aspire to. I have huge respect for her work and what she has done with her life. She will help you see the possibilities for your own life and is there to support you moving forward. I am so excited about my future! If you are interested in this field I would highly recommend Mind Training Systems.”

Annabel Heap, Personal Trainer UK



“Catherine has been a massive inspiration to me in my goal to become an excellent Master Practitioner in NLP, Hypnosis, Time Line Therapy™ and NLP Coach. With hand on heart I can say that if you have any areas of your life you want to change or goals you want to achieve Catherine will show you how to empower yourself to be the very best you can be. She is an incredible trainer and also provides a lifetime of ongoing support to those who she shares her Life changing skills with. You know you want to be the very best you can be and with Catherine by your side your only outcome will be total success. Thank you Catherine, you are AWESOME !!!”

Ian Banks, Channel Manager at Legal and General, UK



“If you want the best training in NLP, Hypnosis, Time Line Therapy™ and Coaching with lifetime support go to the best in the business and train with Mind Training Systems. I have learnt so much from my

trainings with Mind Training Systems and I highly recommend all of the trainings - they are all life changing, taught with integrity and priceless for anyone wanting to evolve their life path.”

Kelly Mayne, Business Owner, Hypnotherapist & Coach, UK

Take action now and book your training today

<http://www.timelinetraining.co.uk/schedule-of-events/>

How will studying NLP and Time Line Therapy® techniques benefit me?

Through using these techniques, your personal happiness and professional success will be much more consistent, and much more predictable.



Your effectiveness working with others will be dramatically increased, and your ability to empower yourself for optimum results will be increased.

You will be able to generate empowering emotional states within yourself at will, eliminate any negative emotions or limiting decisions, identify and change limiting beliefs, inspire yourself with a compelling future that will have much better chances of coming true, and create patterns of excellence from any role model you choose.

Take action now and book your training today

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Why Study With Mind Training Systems?

Founded in 2007 by Catherine Jackson; the Team at Mind Training Systems are always passionate about their Students, Graduates and Clients results.



With all our years of experience in the field of accelerated change for personal and professional development. Catherine Jackson and her fellow trainers will share with you EXACTLY how to use the empowering techniques of NLP, Time Line Therapy®, Hypnosis and NLP Coaching to have Your Future By Design.

Catherine Jackson – Internationally Certified Trainer of Master Time Line Therapy®



Catherine and her fellow trainers have studied extensively with Tad James, M.S., Ph.D Certified Master Trainer of NLP and the Creator of Time Line Therapy® and Adriana James, M.A., Ph.D. certified Master Trainer of NLP. Catherine is a Certified Trainer of NLP, Certified Trainer of Master Time Line Therapy™, Certified Trainer of Hypnosis and a Certified Trainer of NLP Coaching.

All Mind Training Systems Trainers are Members in good standing of the

American Board of Neuro Linguistic Programming (ABNLP)

Time Line Therapy® Association (TLTA)

Member of American Board of Hypnotherapy (ABH)

Coaching Division of the ABNLP

Catherine Jackson and the team at Mind Training Systems are dedicated to empowering people to discover and tap into their own inner power and true magnificence using the technologies of NLP, Time Line Therapy®, Hypnosis and NLP Coaching.

Mark and Nicky Taylor - Internationally Certified Master Trainers of NLP

At Mind Training Systems we are delighted to be working with Mark and Nicky Taylor



who are a truly inspiring couple. They are so passionate about NLP and are World Class Master Trainers. Here is a couple who really know NLP but more than that you live it. That means you could be reassured that you are being taught by trainers who don't just talk the talk, Mark and Nicky Taylor walk the walk.

Mark and Nicky are expert in the field and have a genuine warmth and regard for their students and graduates. This is very much reflected in the vast network of NLP students, graduates and also associates that they have across the globe. Mark and Nicky are passionate about your success and when you book to train with them, you are warmly welcomed in to their "NLP family" where you will receive superior levels of support to assist you in achieving all your goals.



Mark and Nicky are Master Trainers of Neuro Linguistic Programming (NLP) recognised by the American Board of NLP (ABNLP) because they successfully completed the five year Master Trainer Program with Drs Tad and Adriana James. As well as being Master Trainers of NLP Mark and Nicky are also Certified Trainers of Master Time Line Therapy®, NLP Coaching and Hypnosis.

Mark and Nicky have purposefully decided to run all of their exciting NLP courses from where they live in Birmingham. That means that you have the reassurance of knowing where they are because they aren't chasing all around the country, they have time to support you.

Mind Training Systems is an internationally recognised training school Time Line Therapy® and are members of the Time Line Therapy® Association so we will certify you at the Practitioner level and Master Practitioner level.

Our NLP and Time Line Therapy® trainings are geared to practical application. Why? ***Because all the theories in the world are worth nothing unless you know how to practically apply them.*** Otherwise it just remains as an interesting intellectual

discussion. We are into what works to create change and we teach you how to use the techniques to get results.

With our Time Line Therapy® training there is a double benefit for you as you can work on a real issue in your life. A third of people attending are at our Trainings just for themselves. The second benefit is how to deal with a completely different and strange person so you can utilise any of these techniques, anytime in the future. So you can do all of this with someone else. Plus you'll be able to be self sustaining and deal with a problem yourself.

AND we are big on support. You can call the Office anytime. We also have email support plus the massive benefit that all our graduates and students enjoy...FREE In House Coaching from a certified NLP Trainer. Just think about how much transformation you can have from taking this training and that level of support.

Take action now and book your training today

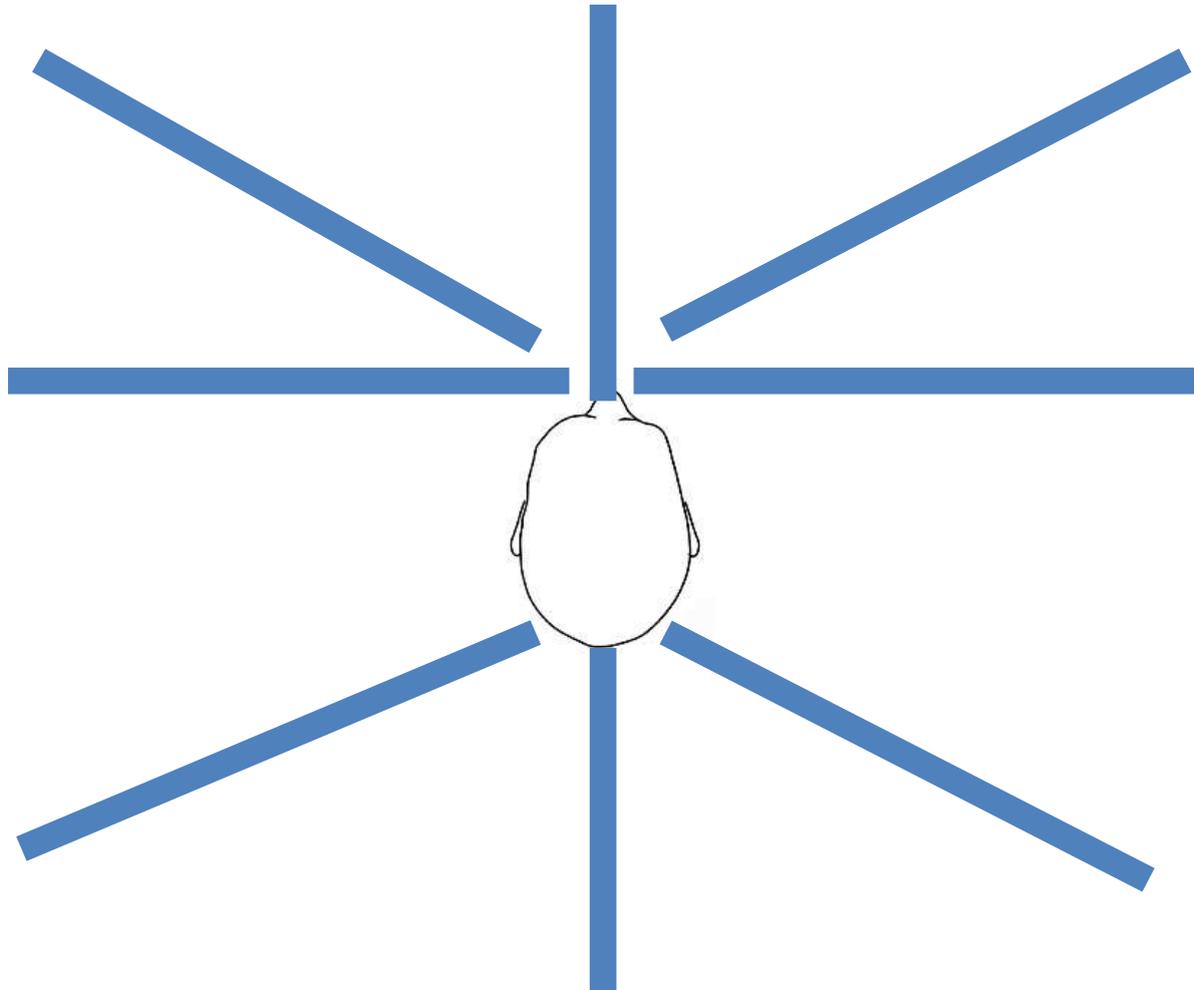
<http://www.timelinetraining.co.uk/schedule-of-events/>



BONUS! How to Elicit Your Time Line

Remember that Time Line Therapy® is a process of active imagination. That means that you have to actively imagine what I'm about to say to you.

So if you want to elicit your time line then follow the following instructions:



“If I were to ask your unconscious mind, where your past is, and where your future is, I have an idea that you might say, “It’s from right to left, or front to back, or up to down, or in some direction from you in relation to your body. You can have a look at the diagram above. And it’s not your conscious concept that I’m interested in, it’s your unconscious. So, if I were to ask your unconscious mind where’s your past, to what direction would you point?”

“And your future, what direction would you point if I asked your unconscious mind, where’s your future?”